



**CLASS SCHEDULE**

5345 GLEN RIDGE DR, SAN ANTONIO, TX 78229  
**(210) 248-9255**

Our goal is to provide an environment where people of any background, experience & fitness level can learn and train in the combat sports that comprise Mixed Martial Arts—the core of which are: Brazilian Jiu-Jitsu Gi and No Gi, Wrestling, Muay Thai, Boxing, and MMA.

Our training caters to the full-spectrum needs of our student body: from those looking for realistic self-defense or effective competition training, to those who simply train for improved health, fitness, and fun.

We take pride in our relaxed atmosphere. It is safe and welcoming to beginners and experienced athletes alike. Again and again, the results speak for themselves.

**MONDAY:**

<b>10:30am-12pm</b>	<b>BJJ</b>	<i>Salazar</i>
<b>12pm-1pm</b>	<b>Open Mat</b>	
<b>5pm-6pm</b>	<b>Kid's BJJ</b>	<i>Quinn</i>
<b>5:30pm-6:30pm</b>	<b>MMA Conditioning</b>	<i>Stephen</i>
<b>6:30pm-7:30pm</b>	<b>BJJ</b>	<i>Salazar</i>
<b>6:30pm-7:30pm</b>	<b>Kickboxing</b>	<i>Smith</i>
<b>7:30pm-8:30pm</b>	<b>BJJ No Gi</b>	<i>Salazar</i>
<b>8:30pm-10pm</b>	<b>Open Mat</b>	

**TUESDAY:**

<b>10:30am-12pm</b>	<b>Boxing</b>	<i>Matt</i>
<b>5pm-6pm</b>	<b>Kid's BJJ</b>	<i>Salazar</i>
<b>6pm-7:pm</b>	<b>BJJ Beginners</b>	<i>Rey</i>
<b>7pm-8pm</b>	<b>Boxing</b>	<i>Matt</i>
<b>7pm-8pm</b>	<b>BJJ No Gi</b>	<i>Salazar</i>
<b>8pm-9pm</b>	<b>MMA (Invite Only)</b>	<i>Salazar</i>

**WEDNESDAY:**

<b>10:30am-12pm</b>	<b>BJJ</b>	<i>Salazar</i>
<b>12pm-1pm</b>	<b>Open Mat</b>	
<b>5pm-6pm</b>	<b>Kid's BJJ</b>	<i>Quinn</i>
<b>5:30pm-6:30pm</b>	<b>MMA Conditioning</b>	<i>Stephen</i>
<b>6:30pm-7:30pm</b>	<b>BJJ Advance</b>	<i>Salazar</i>
<b>6:30pm-7:30pm</b>	<b>Kickboxing</b>	<i>Smith</i>
<b>7:30pm-8:30pm</b>	<b>No Gi Takedowns</b>	<i>Salazar</i>
<b>8:30pm-10pm</b>	<b>Open Mat</b>	

**THURSDAY:**

<b>10:30am-12pm</b>	<b>Boxing</b>	<i>Matt</i>
<b>5pm-6pm</b>	<b>Kid's BJJ</b>	<i>Salazar</i>
<b>6pm-7pm</b>	<b>BJJ Beginners</b>	<i>Paul</i>
<b>7pm-8pm</b>	<b>Boxing</b>	<i>Matt</i>
<b>7pm-8pm</b>	<b>BJJ No Gi</b>	<i>Salazar</i>
<b>8pm-9pm</b>	<b>MMA (Invite Only)</b>	<i>Salazar</i>

**FRIDAY:**

<b>10:30am-12pm</b>	<b>BJJ</b>	<i>Salazar</i>
<b>12pm-1pm</b>	<b>Open Mat</b>	
<b>5:30pm-6:30pm</b>	<b>MMA Conditioning</b>	<i>Stephen</i>
<b>6:30pm-7:30pm</b>	<b>Kickboxing</b>	<i>Smith</i>
<b>6:30pm-7:30pm</b>	<b>BJJ</b>	<i>Salazar</i>
<b>7:30pm-8:30pm</b>	<b>BJJ No Gi</b>	<i>Salazar</i>
<b>8:30pm-10pm</b>	<b>Open Mat</b>	

**SATURDAY:**

<b>2:30pm-4pm</b>	<b>MMA (Invite Only)</b>	<i>All Coaches</i>
<b>2pm-5pm</b>	<b>Open Mat</b>	

**SUNDAY:**

<b>4pm-6pm</b>	<b>Periodic Competition Training</b>
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**FITNESS SCHEDULE**

Monday-Friday 10:00am-10:00pm  
 Saturday 2pm-5pm  
 Closed 1pm-4pm